



REPLY TO
ATTENTION OF:

DEPARTMENT OF THE ARMY
Headquarters, 1st Brigade, 1st Armored Division
UNIT 21104, RAY BARRACKS
APO AE 09074



AETV-THN-CO (600-20)

28 June 2005

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Command Policy Letter #17, Physical Fitness Training

1. References:

- a. USAREUR Command Policy Letter 8, Physical Fitness Program, 4 March 2003.
- b. V Corps Command Policy Letter 31, Physical Fitness Program, 26 November 2001.
- c. FM 21-20 Physical Fitness Training, 30 September 1992.

2. Physical fitness is a key component in ensuring that our soldiers are prepared to fight and win on the battle field. Combat is and will continue to be, extremely physical in nature. In order for our soldiers to overcome the physical hardships they will encounter, we must prepare them now with a rigorous and challenging physical fitness training program.

3. The following physical fitness training policy is effective immediately.

a. Physical fitness training (PT) will be conducted at a minimum 4 days each week for 1 hour between 0630 and 0730. All soldiers participating in training will wear the standard Army PT uniform with reflector belt. The reflector belt is worn around the waist without the jacket or worn left shoulder to right hip with jacket.

b. Physical fitness programs (PFP) will consist of mandatory, unit level, scheduled activities and voluntary personal activities. PFPs will include a variety of aerobic and conditioning tasks as listed in FM 21-20.

c. Soldiers are authorized to use the gym during the PT period. Soldiers on profile have priority. All units using the gym will have NCO supervision and a written plan of the event to take place.

d. A Master Fitness Trainer will plan and a noncommissioned officer (NCO) will supervise PFP activities. Commanders will ensure PFPs are conducted safely. Warrior PT is highly encouraged. Units conducting combative PT will ensure a certified instructor is on site. Units will provide soldiers with sufficient time for area cleanup, personal hygiene, and breakfast.

e. Incentives: Units are encouraged and authorized to grant incentives to soldiers who have scored above 270 on a record APFT, such as conducting individual PT on post, or time off.

4. Safety Guidance for Conducting PT On and Off Post.

a. When running off-post, units are not authorized to run in a formation larger than a platoon sized element in a column of twos at a route step, using 2 road guards in the front and 2 road guards in the rear with vests and flash lights. Cadence calling is strictly prohibited off post. Units are not authorized to stop traffic or block intersections with road

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guards when running off post. Do not run on the roads; use the sidewalks and trails to keep our soldiers safe from fast-moving local traffic.

I discourage unit runs in downtown Friedberg; individual or small groups are better suited for running in the inner-city. Brigade and Battalion runs are the exception to this policy and will be covered in a separate OPORD for each event.

b. Ponds Guards will close the back gate from the hours of 0630 to 0745. All incoming traffic will be directed to the front gate and will park in the bowling alley parking lot. Units are encouraged to use the Industrial Gate (#12) to run off post. Ponds Guards will open and control the gate from 0630 to 0745.

READY FIRST!

//s//

SEAN B. MacFARLAND
COL, AR
Commanding

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